

California Department of Aging
Title IIID Disease Prevention and Health Promotion Programs by Planning and Service Area
FY 2023-24

Title IIID Program ¹		Planning and Service Area (PSA)																																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
A Matter of Balance	Fall Prevention							X		X	X			X		X			X	X			X			X			X		X	X	X	X
Active Choices	General Physical Activity									X	X				X		X			X			X			X				X				X
Active Living Every Day	General Physical Activity																X																	X
Arthritis Foundation Aquatic Program (AFAP)	General Physical Activity										X																							X
Arthritis Foundation Exercise Program (AFEP)	Exercise for Arthritis																			X						X								X
Better Choices, Better Health (CDSMP on-line)	Chronic Disease Self-Management										X																							
Bingocize	Balance and Strength		X							X				X						X	X	X				X			X	X		X	X	X
CAPABLE	Safety and Independence																	X																
Chronic Disease Self-Mgmt Prog (CDSMP)	Chronic Disease Self-Management						X									X				X	X		X	X		X								
Tomando Control de Su Salud	Spanish CDSMP																			X			X			X								
Chronic Pain Self-Mgmt Prog (CPSMP)	Pain Management																			X														
Diabetes Ed & Empowerment Prog (DEEP)	Diabetes Self-Managment				X		X												X															
Diabetes Self-Mgmt Prog (DSMP)	Diabetes Self-Managment										X									X			X			X		X						
Programa de Manejo Personal de la Diabetes	Spanish DSMP																			X			X											
Enhance Fitness	General Physical Activity									X				X					X															
FallProof	Fall Prevention																											X						
FallsTalk	Fall Prevention																								X									
Geri-Fit	General Physical Activity																																	
Home Meds Program	Medication Management											X														X								
On the Move	General Physical Activity							X																										
Partners for Change Mgmnt System (PCOMS)	Behavioral Health			X																														
PEARLS	Behavioral Health								X																									
Powerful Tools for Caregivers	Caregiver Support										X				X													X		X				
SAIL (Stay Active & Independent for Life)	Fall Prevention	X									X																							X
Savvy Caregiver	Caregiver Support																											X						
STEP (Staying Healthy Through Ed & Prevention)	General Physical Activity																																	X
Stress-Busting Program for Family Caregivers	Caregiver Support																											X						
Tai Chi for Arthritis	Fall Prevention					X				X			X	X							X			X			X		X		X	X	X	
Tai Ji Quan: Moving for Better Balance	Fall Prevention									X									X				X						X				X	
Walk with Ease	Exercise for Arthritis																		X	X	X					X								X

¹ Programs documented in FY23-24 Area Plan Update.